

FIRST TIME BUYER?



7 Tips on how to get your foot on the ladder

12 pages inside **PROPERTY**

5 Tips on getting the best from your solicitor

Inside



Bring soul to the city

Robert Elms gets to book the stars for Boisdale **P63**



YOU SHOULD BE SO LUCKY
Kylie Minogue airs tracks from her new album *Kiss Me Once* at a top secret gig at the Old Blue, Shoreditch
See Page 3

Park campaigners delighted by dramatic intervention

Minister slams brakes on parkland 'eyesore'

FULL STORY • PAGE 5



Princess goes back to class

Why confidence is key component in education **P4**

NEWS Talks on new secondary school + Hotel plan for West India Quay + Murder trial verdict



JONES LANG
LASALLE®

Sales & Lettings 020 7715 9700



WEATHER

11C TODAY
Showers

10C FRIDAY
Mostly sunny

12C SATURDAY
Sunny

12C SUNDAY
Cloudy

11C MONDAY
Cloudy

TRAVEL

TUBE & DLR

DLR is closed from 11pm on Saturday and all day Sunday between Stratford and Bow Church. Jubilee line is fine.

ROADS

No problems.

INSIDE

NEWS

Pages 1-11

PROPERTY

Pages 13-60

WHAT'S ON

Pages 61-63

LIFESTYLE

Pages 64-67

REGULARS

Pages 68-70

SPORT

Pages 71-72

Agenda



P7



P61

CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

ONLINE

■ You can follow us, have your say and find exclusive content at our website, our Facebook page and our Twitter feed @the_wharf
■ To read the newspaper on tablets, download our e-edition at wharf.co.uk



ESTABLISHED 1998

Wharf is now the capital of romance

Canary Wharf, the (better) brother of the City, the financial heart of the UK, is not the first place you'd think of when it comes to romance.

I'm not talking about the deluge of flashy floristry and posh chocolates we saw last week for Valentine's Day. We all know the size of your heart-bearing teddy bear is directly proportional to how soon you are to be dumped. I'm talking about the real deal. Getting married. Or, to be precise, getting engaged.

I know, I was shocked too. I imagined bankers proposing with car-sized hearts of money and

BLONDE'S EYE VIEW



ANGELA CLARKE

diamonds. Lawyers conference calling in a different kind of partner request. But then, I am a crabby old cynic.

Because it's true, we, here in the glass metropolis of E14, are getting down to the business of love. Happy couples have been getting engaged on the ice rink.

The hottest (and possibly only) place in Canary Wharf to get engaged is, er, also the coldest. Proposals have been taking place on the ice. Actual real engagements. Six this season alone before Valentine's Day.

I hope they continue the ice theme into their weddings. I'd highly recommend a sculpted ice vodka

luge – granny will love it. Or better still, how about taking a bit of Canary Wharf with you into married bliss? For surely this unlikely starry-eyed hotspot deserves a reference in your big day?

Trees strung with LEDs like our Christmas decorations? A cake in the shape of One Canada Square? A West India Quay fountain of champagne? We should market this. Let's bring to marriage what we in Canary Wharf do best – commerce, bubble, commerce.

Wishing all the couples a long and happy life (and no broken bones).

Follow Angela on Twitter:
@TheAngelaClarke

London eye



Model Cara Delevingne presents the Cara Delevingne Collection by Mulberry during London Fashion Week.

Flood special
Page 68

What our writers are talking about

■ The shape of our islands is a momentary snapshot of what the earth allowed us to be for this blink of an eye.
Giles Broadbent

■ I knew something must be wrong. The clock read 2am but the light outside suggested otherwise.
Tabitha Ronson

■ But I can't help feeling sad that in their eagerness to run me down they have also tried to slur the reputation of Tower Hamlets.
Lutfur Rahman

■ Broadgate Circus though, is a home from home. Razor cut lines, squares criss-crossed with placid blue lights.
Jon Massey

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website www.pcc.org.uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.

60 Second Wharf

£250,000 bikes stolen

Rare bikes worth a quarter of a million were stolen when vans were taken from outside Excel.

News • Page 4

Cousin jailed for life

Paul Hamilton has been jailed for life for stabbing his cousin Liam in the back during a family dispute.

News • Page 7

Harbour Exchange deal

The arrival of Crossrail tempted fund manager Clearbell to buy Harbour Exchange for £37million.

News • Page 10

Primitive living

There's a little bit of Neanderthal in all of us – about 2% to be precise according to a new exhibition.

What's On • Page 61

Argentine wine time

Gaucha's director of wine Phil Crozier presents the finest tipples that Argentina can offer.

Food • Page 65

Find a relaxed space

Andy Puddicombe says that meditation need not be about the lotus position and chanting "om".

Health • Page 66



P66



Feast on our finger buffet
Read our e-edition on your tablet at wharf.co.uk
the **Wharf**

Church plan to tackle shortage of school places

EDUCATION

Governor raises idea of a new church school

Beth.Allcock
@wharf.co.uk

An Isle of Dogs school governor says he wants to investigate the creation of a new secondary school in the area.

A recent discussion document sent to governors at George Green's School – the sole educational facility for those aged 11 to 16 on the Island – has outlined early plans to "explore the need and demand for a new church secondary school".

Issued by Fr Tom Pyke, vicar of Isle of Dogs and a governor at both the Manchester Road school and St Luke's primary, the document praises the achievements of St Luke's in helping pupils reach their full potential while representing the area's diverse backgrounds.

Fr Pyke says: "Mindful of the growing need for second school provision, the people

of the parish of the Isle of Dogs are exploring the need and demand for a new church secondary school and the means by which this might come about.

"We are fully committed to ensuring that any future church school in Tower Hamlets will complement the existing schools – especially George Green's School – and be a source of increased cohesion and strength."

A spokesman for Tower Hamlets Borough Council said

a longstanding topic of discussion for Islanders.

Over subscribed facilities and a lack of space has forced many parents to travel to areas such as Whitechapel, Wapping and Spitalfields to ensure their child receives an education at secondary school level.

Blackwall and Cubitt Town councillor Peter Golds welcomed proposals should they come to the Island.

He said: "We are desperate for extra places, so bring it on. Let's have it, let's get it built as soon as possible and let's get it open for business."

"We have to slow down dense housing developments and provide educational facilities rather than putting up a lot of housing and hoping everything else goes away."

Fellow ward member Cllr Gloria Thienel reiterated concerns about a lack of infrastructure and the need for another school to accommodate young Islanders.

But she said the location of any new secondary as well as its impact would need to be taken into account.

A spokesman for Tower Hamlets Borough Council said: "The council is committed to providing all children in the borough with access to education and has a programme in place to ensure the rising demand for school places is being met."

"Secondary school provision will increase in September 2014 when additional secondary school places become available in Bow School."

No-one from George Green's School was available for comment. St Luke's Primary declined to comment.

What's your view of idea in principle?

"We are desperate for extra places, so bring it on. Let's have it, let's get it built as soon as possible."

Cllr Peter Golds

it had not yet been approached about the idea, while The London Diocesan Board for Schools (LDBS) confirmed it was not currently involved with the plans.

While the concept remains in its infancy, the issue of school place provision is



Thanks fur great night

Wrapped up warm in a fur coat, Kylie leaves the Old Blue in Shoreditch after her top secret gig but it wasn't her last word on the event. The Aussie singer and *Voice* judge later took to Twitter to give her opinion the night, saying: "Thanks to the pub, The Old Blue Last in London for a GREAT night!!"

NEWS IN BRIEF

Around Tower Hamlets

Police quiz teen in murder probe

TOWER HAMLETS Police are investigating the death of a 43-year-old woman who was found at her home with severe injuries and a chest wound.

Officers were called to Sandall House, Bow E3 last Wednesday after reports of a serious assault.

A male youth – believed to be a teenager – was arrested at the scene on suspicion of murder and taken to a police station.

Police said the suspect and victim were known to each other and they are not looking for anyone else.

Entries open for jog around estate

TOWER HAMLETS Canary Wharf will again be awash with red in May as runners take part in a charity challenge.

Entries have now opened for the British Heart Foundation Canary Wharf Jog 2014, offering Wharfers the chance to pound the pavements while raising cash for the organisation on May 21.

Participants can run, jog, or stroll around as many laps of the course as they fancy, up to a distance of 10km.

To register, go to bhf.org.uk or call 0845 130 8663.

FACTFILE

■ Tower Hamlets Borough Council forecasts in the next 10 years the school roll of four to 16-year-olds will increase by about 14,000, a 40% rise.

■ It means 20 forms of entry of primary places and 30 forms of entry of secondary places will be needed by 2023.

■ Currently, there are four Christian secondary schools in Tower Hamlets: Sir John Cass and Redcoat CE School E1, Bishop Challoner Catholic Collegiate Boys' School, Bishop Challoner Catholic Collegiate Girls' School, both E1, and Raines Foundation School E2.

Accountants for Contractors and Small Businesses



Charterwells

Join Charterwells for quality and friendly accountancy advice.

We help with forming a Company, VAT, Payroll, IR35, Tax advice, Bookkeeping + more.

Enjoy fixed monthly fees and receive unlimited contact.

Email or call below for a free meeting.

enquiries@charterwells.co.uk
0800 612 6086



SALT LAKE CENTRE

FLOATING. MASSAGE. BEAUTY



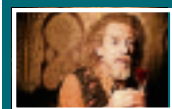
FOR ALL
NEW CLIENTS
50%
DISCOUNT

020 3069 9921

WWW.SALTLAKECENTRE.CO.UK



Representatives from the University of East London and the East London Communities Organisation hand over a 1,000-signature petition to Newham councillor Conor McAuley calling for a ban on advertising for payday loan companies. Councillors will now discuss the measure.



WIN
dinner and
a movie
for two
Page 69

**SELL YOUR HOUSE
FOR CASH!**

Approved HELP TO SELL FAST Scheme

- ✓ 100% Guaranteed Cash Offer
- ✓ Completion within 7-28 days
- ✓ Helping homeowners since 2003
- ✓ No fees, viewings or broken chains
- ✓ 300+ homeowners using us weekly

CALL NOW **0800 078 9614**
www.quickcashoffer.co.uk

FAST SALE TODAY



ELEPHANT ROYALE

Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4pm) £16.50
3 COURSE SET LUNCH (Mon-Fri 12 - 3pm) £11.50
1 COURSE EXPRESS LUNCH (Mon-Fri 12 - 3pm) £7.50

OPENING TIMES:-

MON - THURS: NOON - 3PM and 5.30PM - 10.30PM

FRI: NOON - 3PM and 5.30PM - 12PM

SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS

LIVE MUSIC (WED - SAT)

AL FRESCO DINING

OPEN KITCHEN

POLYNESIAN COCKTAIL BAR

PRIVATE CAR PARK

020 7987 7999

WWW.ELEPHANTROYALE.COM

Locke's Wharf, Westferry Rd,

E14 3WA

DLR - ISLAND GARDENS

Also at Gants Hill - Tel: 020 8550 8886

£250,000 of bikes stolen after show

CRIME

DOZENS of limited edition triathlon bikes worth a total of £250,000 have been stolen after a show at the Excel Centre.

The goods belonging to Yeovil firm Tri UK, were in two vans parked at the nearby Travelodge that were taken away at 2am on Monday.

A reward of £100,000 is being offered for information to the theft which took place after the London Bike Show at the weekend.

One of the vans was traced to Newham Way after the incident but was then lost. The other has not been traced at all.

Partner at Tri UK Alison Boon told Bikebiz.com: "All leads are being passed over to the police and Tri UK are still hoping some of these bikes will show up - especially the rare ones."

The vehicles are described as white Ford Transit Luton Box vans with green 'Dorset Vehicle Rentals' signs.

Call the Tri UK store on 01935 414142 or dial 101.

November target for new hotel

HOSPITALITY



A BUDGET hotel for Canary Wharf will be completed by the end of the year. The 130-bedroom Tune Hotel is being billed as low cost and should be up and running near West India Quay by November.

Mark Lankester, Group CEO of Tune Hotels, said: "Introducing the fifth hotel to the capital is a significant business move for us."

"The demand for a low cost hotel in Canary Wharf that offers good quality basics and importantly a great night's sleep is becoming ever more important as tourists and business travellers are swayed by price but unwilling to trade down on standards."

The hotel will include a 24-hour reception. Rooms at the site by Cannon Workshops will feature five-star Hypnos beds and will be designed especially for the needs of business travellers.

Only online »

Tattoo clue to rapist who attacked teenager near DLR station

Go to wharf.co.uk

Confidence is a valuable commodity says princess

EDUCATION Anne returns to University Square to see progress, writes **Beth Allcock**



The Princess Royal meets adult learners at University Square Stratford

A beacon of adult education in Stratford welcomed HRH Princess Royal back onto campus this week for a seminar promoting opportunities for mature students.

The royal visitor returned to University Square Stratford, just three months after officially unveiling the project, a partnership between the University of East London and Birkbeck.

Policy experts, leading figures in education and current mature students at UEL - which boasts 53 per cent of its student population as adult learners - joined Princess Anne for a discussion jointly hosted by UEL and The National Institute of Adult Continuing Education (NIACE).

Professor John Joughin, UEL vice-chancellor, said USS was "uniquely placed" to host the event.

"We have always had an ethos about encouraging access to excellence and providing opportunities for the community," he told *The Wharf*.

"It's sometimes a second chance at higher education."

"That's part of our mission as a university, to be offering people the chance for an education at whatever stage of life. They deserve the opportunity."

Set against a 14 per cent national decline in the number of full-time mature student applications since the new loans system was introduced - as well as a reduction in part-time

undergraduate enrolment - the seminar pinpointed challenges of mature student access, trends and analysed what could be done better.

Princess Anne, a patron of NIACE, said her interest in further education for adults stemmed from her involvement with Save The Children and encouraging mothers to find a way back into education.

"Finding the connections to make to encourage adults to go back into education is a challenge in itself," she said.

"That all seems to be coming together here, with Birkbeck and UEL very much majoring in mature students and giving them the best possible access to the highest level of education."

"I do think part of the battle is about confidence. Confidence is a very fragile commodity - you only have to look at sportsmen at key moments - and I don't think it's any different with education, in terms of the decision-making process."

Professor Joughin said their successes could play a role in the wider east London community.

"There's industry and business crying out for the types of skills that university degrees offer and those life skills that many mature learners already have."

"Often people who have had other life experiences have quite a lot to offer higher education as well, so it works both ways. It is a perfect combination."

Go to uel.ac.uk

In prison, I decided to turn my life around

CASE STUDY

Mature student Frank Harris, 54, is in his final year studying Criminology and Criminal Justice. He juggles his studies with a part time role working with ex-offenders at charity, St Giles Trust.

It was while sitting in a prison cell, serving a four-year sentence for importing drugs, that cocaine addict Frank Harris decided he "wanted to make a change".

And for the 54-year-old father-of-three, education and learning was the way forward.

Questions about his future, whether it was right to continue with a life of a crime and a responsibility to set an example for his children saw him complete his GCSE English with Grade A while still inside. Then followed a course at the City Lit and his first job as a substance use worker, before enrolling for his degree at UEL three years ago.

"If you're going to change your life you want to try to make it worthwhile," he said, talking of the focus of his Criminology and Criminal Justice studies.



Frank Harris, 54, has used education to set an example to his children

"I suppose I could have done other stuff, but I wanted to give back to young people.

"One of the reasons I came to university was I am able to give a different perspective to a 21-year-old, who might never have spoken to anyone in prison.

"I sometimes provide that one-on-one or sometimes in class it comes up and my experience is relevant to the discussion and where people seem to get something out of it."

He admits he would have said himself 10 years ago that a degree "has nothing to do with me".

"You might as well have said when are you going to the moon?" he added.

But Frank said he had relished his studies and his responsibility to pass on the message of education to his children.

And it's not just his family's life he is striving to improve.

Coupled with his part-time role at charity St Giles Trust, he has set ambitions for life after graduation.

"If I can bring a dozen young people from crime to learning, I will have had confidence I am changing their lives," he said.

"I don't know how that's going to come about, but if I can consolidate something like that my work will have been done and it will have been worthwhile spending time in the cell."

Minister steps in to halt divisive plans

PLANNING

Rob.Virtue
@wharf.co.uk

THE brakes have been put on the construction of a luxury Isle of Dogs development heavily criticised by campaigners for spoiling a beautiful park.

Calders Wharf, a 26-apartment building, had recently been approved by Tower Hamlets Council's planning committee.

However, an 11th hour reprieve has come from the Department for Communities and Local Government after a councillor opposed to the plans wrote urging it to act.

The department will now look at the proposal before deciding whether to call it in.

Minister for planning matters Nick Boles said in a letter to Blackwall and Cubitt Town councillor Peter Golds last week: "I understand that Tower Hamlets Council has resolved to approve the application but has not yet granted planning permission.

"We are therefore considering the matters raised in your letter against my ministerial statement of October 26, 2012 and we will advise you of a decision as soon as possible.

"In the meantime, a direction has been issued preventing the council from granting planning permission

without the specific authorisation of the Secretary of State."

The statement refers to a direction that applications can be called in "if issues of more than local importance are involved".

Campaigners point out the proposed development is next to the Grade II-listed Island Gardens, part of the World Heritage Buffer Zone.

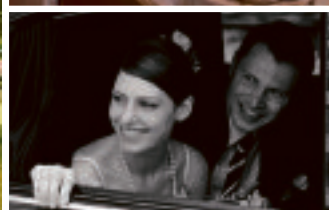
They say it would impede the view from the Isle of Dogs to Greenwich Palace, which was captured by acclaimed landscape artist Canaletto in 1750.

The letter to the department from Cllr Golds in December said: "The building will be in stark contrast to those which surround the World Heritage site. The drawings and visuals indicate an uninteresting four-storey cube, sticking up above the park and being in contrast to nearby buildings."

The development is proposed by Eastend Homes. The Department for Communities may now decide to ask a planning inspector to hold an inquiry on the proposal.

Cllr Golds said: "This letter, signalling the development cannot be granted without permission, is a great sign. We now may be able to at last get someone to look seriously at this proposal.

"We're not nimbys here but this development is unacceptable."



Devonport House Wedding Fair

Join us on Sunday 16th March to experience a taste of wedding magic. Discover our picture perfect Venue set in the stunning grounds of Royal Greenwich and meet our wedding Co-ordinator who'll be on hand for all your unique wedding wishes.

Join us at Devonport House from 11am-4pm on Sunday 16th March

- Free glass of Prosecco and canapés on arrival
- Venue set up as you can expect on the day
- Professional team available to offer advice
- An exhibition of our recommended suppliers on hand for those finishing touches

To find out more, call 0208 269 5420
or email devonportsalesteam@deverevenues.co.uk

Devonport House, King William Walk,
Greenwich, London, SE10 9JW

Over 30 great venues, one address
deverevenues.co.uk

Terms and conditions apply. See website for details.




Devonport House

CHINADAILY

中国日报
EUROPEAN
WEEKLY

Connecting **China**,
Connecting **the World**.



Ready steady... Subscribe!



SUBSCRIBE NOW
WWW.GETCHINADAILY.COM

12 months - £60 50 issues
6 months - £40 25 issues

China Daily - your one-stop weekly guide through which to better understand the Chinese business market, culture and political news. Subscribe today and make the connection!

News

Cousin guilty of murder as family feud erupted

COURT

Three cleared of stabbing Liam in back with knife

Rob.Virtue
@wharf.co.uk

A cousin of Poplar man Liam Hamilton has been sentenced to a minimum of 26 years in prison for his murder following a family dispute.

Paul Hamilton, 30, of Woodstock Terrace in Poplar, was found guilty of stabbing 32-year-old Liam in the back with a large kitchen knife.

The incident took place in Poplar High Street at around 10pm on July 26 last year.

The fatal fight followed two earlier altercations between a pair of female family members at around 2pm and 5pm the same day. That had been sparked by a row the day before between school-age daughters of the women.



Paul Hamilton, above, and the cousin he murdered, Liam

That evening, the dispute escalated further when the four brothers confronted Liam and other family members. A fight broke out and Liam was fatally stabbed.

Det Sgt Martin Head, from the Metropolitan Police's Homicide and Major Crime Command, said: "What started out as a seemingly minor family row escalated into a senseless murder that will have a long-

lasting impact on all members of the family. This is a tragedy for all involved and it is right Paul Hamilton should spend a long time behind bars for his actions."

Paul's brothers, Thomas Hamilton of Poplar High Street, and Noel Hamilton, from Manchester Road, on the Isle of Dogs, were found not guilty of murder and violent disorder on Friday at The Old Bailey, following a two-month trial.

A fourth cousin, James Hamilton, 27, from New Festival Avenue in Poplar, was found not guilty of violent disorder.

The court saw footage of Liam singing karaoke in the Manor Arms pub just minutes before his death. The prosecution said this showed the defence's allegation that the victim was angry and looking for revenge to be untrue.

All four defendants claimed they acted in self-defence.



MAJINGO'S

LONDON'S PREMIERE GENTLEMANS CLUB

Join us in our discreet, luxurious Art Deco club in South Quay, 100 yards from London's vibrant financial district, Canary Wharf.

NEW OPENING HOURS 8pm-5am

PROMOTIONS

- EVERY MONDAY 'THE THREE TENNERS'
- EVERY TUESDAY 'PLAYERS PACKAGE' SPECIAL PRICE £50.00 (normal price £80.00)
- EVERY WEDNESDAY 'LINGERIE NIGHT'
- EVERY THURSDAY 'WHARF FRIDAY'
- EVERY FRIDAY 'WEEKEND PARTY TIME'

Find us on Google Maps



For more information and directions visit the new Majingos website www.majingos.net

e: linda@majingos.net t: 0207 531 6060 (Call between 10am-3pm)

m: 07890 207642 (Call between 3pm-3am) 187 Marsh Wall | South Quay | London E14 9SH

NEW
FOR 2014
MEDITERRANEAN FLY-CRUISES

FOUR HOLIDAYS IN ONE

VISIT MONTENEGRO, CORFU, ROME & CORSICA
ON A 7-NIGHT MEDITERRANEAN FLY-CRUISE

0843 373 0075 | POCRUISES.CO.UK/LOCAL | VISIT A TRAVEL AGENT

P&O CRUISES
Time for you

SPECIAL LAUNCH FARE
7-NIGHT CRUISES FROM

£599 PP*

FULL BOARD
Based on cruise N409A

INCLUDES
DINING, ENTERTAINMENT,
FLIGHTS & TRANSFERS

FLIGHTS FROM
GATWICK



*Early Saver prices shown are per person based on two adults sharing the lowest grade of inside cabin available within the applicable cabin type on Ventura cruise N409A, and are subject to availability. See online for up to date pricing on all grades of cabin. Prices shown on this page include flights and transfers and will vary per cruise depending on departure date. For more details and full terms and conditions of P&O Cruises Select Price and Early Saver Price see www.pocruiises.co.uk/ourprices



Notebook

Falling behind, and falling over, in a race against clock

It was one of those days. It started off badly, with the alarm failing to sound. I woke in a state of pleasant rest so I knew something must be wrong. The clock read 2am but the light outside suggested otherwise.

I checked my wristwatch. Groan. 9am. And so the madness began. I shouted through to Master A to get up and moving.

"But it's the holidays, Mummy. I thought as you weren't up, we were having a surprise pyjama day."

Could I get away with it; throw a

sickie? Yes, of course, my boss would really buy it, especially during half-term week.

I hit the accelerator. I dropped off a rather dishevelled looking Master A at Super Camp. Thank heavens for Boden PJs. One would never guess.

The spotty youth on the desk reminded me I had booked and paid for early bird drop-off. I smiled one of those fixed type ones that said "yes, thank you for that".

Back behind the wheel, I raced to the car park where I drop off my car before

WORKING MUM



TABITHA RONSON

catching the Tube to work. Four times I circled, praying to the Parking Angel to deliver me a spot.

It was no use. At 8am it's tricky enough finding a space, with a lot of bumper nudging and cussing involved, at 10am, impossible.

I drove back home, resigned to the rain-soaked 40-minute walk to the nearest station that was ahead of me.

As I scurried along the pavement in my inappropriate footwear (I hadn't planned on completing a walkathon that morning), my foot buckled, the heel of

my LK Bennett Avril ankle boot sent me flying along the kerb.

It was like everything was happening in slow motion as I fell hands first, face down into a filthy puddle that I'm sure was the size of a small country.

I lay there for a split second, wishing the day had never begun, before picking my sorry self up and making the call to my boss I should have made the moment I woke up.

It was my destiny.

Working Mum, promising to never again fight an uphill battle.

Data blog

Trends, stats & surveys



53.3%

of Londoners have never smoked habitually, the lowest figure in the country. The proportion of smokers has gone down 9.2% in two years, the sharpest decrease in the UK.



61

Minutes. The worst effects of commuting on personal wellbeing and happiness are experienced for those taking a journey that is just over an hour long.



899

Increase in the number of homes in Greenwich at risk of flooding (2001-2011) – the third highest in the country. The figure for Tower Hamlets (~105) is the third lowest.

Sources: Office of National Statistics; Committee On Climate Change.

Catch up with our latest interactive Data blog graphics at wharf.co.uk every week

Nothing lasts forever

Why it's comforting to believe that a sense of permanence is here to stay

I met a man the other day who made history. Or at least extended its boundaries. Dr Nick Ashton of the British Museum was one of the team who identified small indentations in slab of sedimentary rock as footprints and in doing so set a new marker on this country's ancient history.

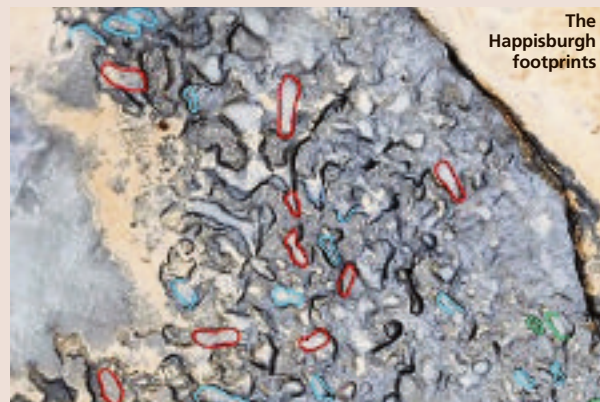
They are the oldest footprints outside Africa and push the story of British occupation by humans back from 600,000 years to round about a million.

"A few small steps for man..." I hoped he'd say when I asked him of their significance but he didn't.

These footprints in Happisburgh are our Rosetta Stone, our Holy Grail, our Tutankhamun. So I asked him what had happened since the discovery now a highlight of *Britain: One Million Years Of The Human Story* a major new exhibition at the Natural History Museum.

Were they protected from the rampaging seas? Lifted out the ground for further analysis like in CSI? Stuck in the visitor's centre at Stonehenge to put that whipper-snapper monument (c5,000 years old) into perspective?

"It was there for two weeks. The ideal situation was to seal it off, to lift it but the sediments had lots of laminations so it's quite difficult."



The Happisburgh footprints
SARAH DUFFY / YORK UNIVERSITY



By Giles Broadbent

All options were impractical and time was limited. What the sea yielded, it just as rapidly took away – and this was in the relatively balmy conditions of May 2013. Think what has come and gone since.

I thought of *The Monuments Men*, the George Clooney film that sends a platoon of art experts into war-torn Europe to salvage art treasures from the Nazis.

They can wipe away our homes and our people for they will return – was the message – but to destroy the treasures of civilisation is to erase something more profound.

Yet impermanence is our most permanent condition. There must be some psychological phrase for it, but we strive to assume our default status is same-yesterday-same-tomorrow. Which holds for

yesterday and tomorrow (usually), but not for much longer.

Take the outline of the country that we all copied out in our geography workbooks and study with jaundiced familiarity on the weather forecasts. It's not the same as it was even one month ago let alone one million.

Indeed, since that family of Homo antecessor sauntered the mudbanks looking for a decent 4G signal we have been connected to Europe by land bridge, frozen and warmed, isolated, and driven off our land altogether, surrendering Trafalgar Square to the hippos and the lions.

The shape of our islands is a momentary snapshot of what the earth allowed us to be for this blink of an eye, not a politically mandated, tax-funded guarantee by a here-today-gone-tomorrow conglomerate of bunkered apparatchiks, however well meaning.

Exhibition / Page 61

Follow Giles Broadbent on Twitter: @MediaGulch

High Five Bluetooth speakers



JBL Micro Wireless Bluetooth Portable Speaker, £49.99 Stick it in your pocket.



Bang & Olufsen A9, £1,699 This satellite dish lookalike has touch controls.



UE Mini Boom, £79 Enjoy massive – and colourful – sound from 50ft away.



Nude Audio Studio 5, £149.99 Achingly cool with Apple users in mind.



Creative Airwave HD speakers, £89.99 Pyramid shape is the main attraction.

POLITICAL VIEWPOINT

By Lutfur Rahman

Plenty to be proud about in borough

Labour mayoral candidate John Biggs' vacuous feel-good promises and sweeping criticisms that denigrate the achievements of our borough demonstrate just how unfit he is to lead Tower Hamlets.

While he has been in a working coalition with the Conservatives, we have constructively fought the Government's cuts. Mr Biggs overlooks our national accolades, not least of which is the *Independent* saying: "From fail to the world's best schools."

I have become accustomed to ferocious ad-hominem assaults from the opposition. But I can't help feeling sad that in their eagerness to run me down

I have become accustomed to ad-hominem assaults

they have also tried to slur the reputation of the borough.

This is sad. Our achievements have been remarkable.

Keep Britain Tidy gave us the award for the cleanest streets. Ofsted says we have some of the best schools in the country. *The Sunday Times* gave us the Best Council Housing Scheme Award. People's Choice voted Victoria Park the best in London and we won the Green Flag Award for some of the best parks in Britain.

We've topped the national house building league table.

The Government has awarded us £50million New Homes Bonus for building the most affordable homes in the country for the last three years. And if you want to look all of these up, you can go the Idea Stores – which won the Best Customer Service Award.

I am proud of Tower Hamlets and its achievements – and we have much to be proud about.

Executive mayor, Tower Hamlets Council



Wharfquiz

MARCH 20TH 2014



VENUE
THE RADISSON,
NEW PROVIDENCE
WHARF

TEAMS OF 6

£50 PER TEAM

INCLUDES ENTRY,
DINNER AND A
DRINKS PACKAGE

TO BOOK YOUR TEAM OR
FOR MORE INFORMATION
PLEASE CALL DAISY ON
020 7293 2272

OR EMAIL HER AT
Daisy.Lewis@trinitymirror.com

Our sponsors:

Gawor & Co
Solicitors

CBRE

Harbour exchanged for £37m

BUSINESS

Rob.Virtue
@wharf.co.uk

THE impending arrival of Crossrail and the continued regeneration of Docklands has been cited as reasons behind the purchase of Harbour Exchange by fund management business Clearbell.

A £37million deal was announced on Monday morning for the three building development near South Quay on the Isle of Dogs.

Clearbell Capital LLP, a leading

private real estate fund management business, and its partner in the venture, Morgan Stanley Alternative Investment Partners Real Estate, will look to increase the value of the site by "improving common and external areas, upgrading the accommodation" and "engaging with tenants and re-lettings".

Rob West, partner at Clearbell, said: "We are delighted to acquire this asset off a sensible base price with scope to drive future value via refurbishment and leasing."

"Clearbell has deployed approaching

£200million in three investments over the last few months. Given market conditions we expect our rate of capital deployment to accelerate throughout 2014."

Catherine Hong, portfolio manager of Morgan Stanley AIP Real Estate, said: "Our investment strategy is to align with and co-invest alongside what we believe to be best-in-class real estate fund managers around the world with a specialist expertise in their markets."

"We are very pleased to be partnering Clearbell in this acquisition."



Former tourist leaves a very strong impression

IT appears Thor left a crucial bit of kit behind when filming wrapped on his latest outing.

His outsized hammer is embedded in the ground outside Devonport House in Greenwich.

It was astronomers from the Royal Observatory who were the first to notice the new arrival, announcing on Twitter: "It has come to our attention that Thor of Asgard has left his giant hammer by Devonport House."

The striking piece of art is only temporary, however. It arrived at the De Vere Venues site on Friday to coincide with a visit from American press to the area this week.

TIME TO TEST



Test your smoke alarm on the first of every month. Tick it off before it's too late.



facebook.com/firekills @Fire_Kills

ADVERTISEMENT FEATURE



Fire Brigade home fire safety visits dramatically reduce the risk of fire

Recent research released by London Fire Brigade shows that vulnerable people are 18 times less likely to have a fire if they receive a home fire safety visit from firefighters. Taking one or two simple steps could help protect those most at risk. Do you know a person who would benefit? Find out more below.

The London Fire Brigade looked at the 400,000 home fire safety visits carried out over the last six years in London and estimated that their impact had prevented around 5,000 fires from starting in people's homes.

In particular, the individuals who have benefited the most from these visits were often those affected by one or more of the risk factors listed below:

- Disability, especially impaired mobility
- Visual and / or hearing impairments
- Mental health problems
- Intoxication by drugs and / or alcohol
- Smoking
- Old age
- Living alone



During a home fire safety visit, which is a free service offered to those most at risk, firefighters offer potentially life saving information on how to prevent fires, and fit free smoke alarms where needed. The majority of fires in the home are caused by cooking, cigarettes and candles, so safety advice focuses on those issues, as well as information on how to escape should a fire break out.

Fire chiefs identified that around 700,000 homes in London are more at risk from having a fire and specifically target their visits at them. The Brigade also helped write national guidance for care workers, advising them on how to spot tell tale signs which might indicate that someone was at high risk of having a fire. Care workers are often the first to see signs, like burn marks on carpets from cigarettes or a smoke alarm that needs a new battery.

The rate of accidental fires in the home reduced in the groups of vulnerable people from 36 per 10,000 people who had not received a visit to only 2 per 10,000 people who had.

Tom George, London Fire Brigade Deputy Assistant Commissioner for the South West London area said:

"Joining forces with our local councils and other partners has enabled the Brigade to reach those most at risk. Fires in the home can be devastating so it's vital that this important work continues to help protect the most vulnerable people within the community."

Londoners need to look out for friends and neighbours. If you know someone who is vulnerable and would benefit from knowing more about fire safety, please speak to them about arranging a free home fire safety visit - you may well save their life."

Further information: www.london-fire.gov.uk/homefiresafetyvisit. To book a visit go online or speak to your local fire station.

News

Man saved in warehouse fire

EAST LONDON Fire crews tackling a warehouse blaze in Canning Town on Saturday night rescued a man from the first floor of the burning building.

Fifteen fire engines were used in the incident at Shipman Road which began around 11pm.

The roof and a large part of the second and third floors were damaged. Crew in breathing apparatus rescued the man, who was treated for burns and smoke inhalation.

Station Manager Philip Morton said: "The fire was large and it looked dramatic."



Mascot's hearty cheer

Shoppers open their hearts

SURREY QUAYS Shoppers have bagged up a charity haul worth almost £23,000 for The British Heart Foundation.

An array of clothes, CDs, books and DVDs were donated in sacks handed out across the shopping centres and retail parks as part of the Great British Bag-athon.

Ian Moore, shopping centre manager, said: "We are so proud of the effort that shoppers and staff put in to help."

Next phase of plan approved

GREENWICH The latest proposals for Greenwich Peninsula have been approved with the council's planning board rubber-stamping 882 more homes for the area.

The most notable is a site which includes refurbishment of a coal jetty, which provides for a new exhibition space, as well as a bar and cafe.

Comprising 519 units, of which 40% will be affordable, the riverside development is part of the Greenwich Peninsula Masterplan which included outline approval for 10,000 homes.

Police look for football fighter

EAST LONDON Police are appealing for information over a fight in a football match during West Ham's visit to Crystal Palace in December.



The incident took place on the concourse in the away end at about 9pm.

Police want to speak to the man pictured, who is described as white, aged between 18 and 24, of slim build with short dark hair.

Call 101 quoting Cris 3803536/14.

Slot floodgates open at casino

STRATFORD Aspers Casino has given away £75,000 in prizes to six slot machine players in the last few weeks.

The big wins at Westfield Stratford City began days after the Government relaxed rules on jackpot maximums.

Aspers' Tony McPhee said: "We weren't expecting to be celebrating so many big winners so soon."

"We'd already congratulated the first winner, a gentleman who won £12,664, but within a couple of days we'd had two more players, both ladies in their 70s."

More on stories like this at wharf.co.uk >

Dynamo Led Displays

CALL NOW FOR A QUOTE

London's leader for LED TICKERS, LED VIDEO SCREENS
and LED SHARE PRICE DISPLAYS

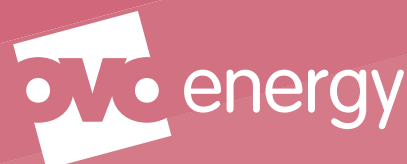
0845 257 2300

www.dynamo-led-display.co.uk

Socket to 'em.

If you don't love your energy supplier, leave.
Get a 3% Interest Reward* if your account is in credit with OVO.

Feel loved again at ovoenergy.com



#feellovedagain

*OVO pays 3% OVO Interest Reward to customer account balances that remain in credit after we have calculated your bill. You will have at least 7 working days to cancel your contract. OVO Energy Ltd. Registered in England and Wales (Reg'd No 06890793), The Core, 40 St Thomas Street, Bristol.



LocalMole.co.uk
Digging for the best local businesses

Blooming with florists

LocalMole.co.uk
The smart new website for finding trusted local businesses.



www.localmole.co.uk

"With help we untangled overseas markets"

Shaun Pulfrey, Founder of Tangle Teezer Ltd

For Tangle Teezer, exporting with the help of UKTI literally opened up a new world of opportunity. To discover how Tangle Teezer benefited from government support and how you can too, visit www.greatbusiness.gov.uk/export



Exclusive glamour with a breathtaking menu... cutting-edge style and food you've never tried before... a cosy place with a bit of a buzz... or it's party time and you want great value...

Whatever your restaurant, bar or venue is offering, advertise with us in

the **Wharf**

Contact Karen Brodie

020 7510 6055

email: karen.brodie@trinitymirror.com

What's On

IN BRIEF

End holiday with free day of fun

★ Puppet shows, drama workshops and a visit from an award-winning author lie in store at a Limehouse venue.

Half Moon Young People's Theatre is set to host its first **Family Fun Day** on Saturday (February 22) with a host of free activities.

These include a visit by author and illustrator Chris Riddell – who has penned *Goth Girl* and the *Ghost Of A Mouse* – who will be reading and signing copies of his work.

Go to halfmoon.org.uk.

Five go in search of an audience

★ The **London Drama Group** is hoping to take an audience on "a rollercoaster ride of emotions" this week, by presenting a sequence of five short plays.

The Space, in Westferry Road, will host the newly-created amateur theatre company as it embarks on its project for emerging writers tomorrow, Friday.

Feb 20-22, *The Space*, £8/£6 londondramagroup.webs.com.

There's just a little bit of Neanderthal in all of us

EXHIBITION Britain: One Million Years Of The Human Story

National History Museum

They stand in the exhibition space separated by a few yards and a vast biological gulf. One is small and stocky, the other high-browed and lithe.

And yet the specially commissioned, scientifically accurate yet personality-filled models of a Neanderthal and an early homo sapien share a secret that is only just beginning to emerge.

Scientists were once firm in their conviction that we displaced Neanderthals, the two primitive cultures living distinct and separate lives.

And yet new genetic analysis has shown there was an overlap when 60,000 years ago, modern humans left Africa and encountered widespread Neanderthals for up to 30,000 years.

Human origins researcher Prof Chris Stringer said: "Not only was there interbreeding but that interbreeding goes through to the present day. Most people outside of Africa have a



A model of Neanderthal man, which forms part of the exhibition

component of Neanderthal DNA at the level of about 2%. It does make us rethink what it is to be human."

That recent overlap is just the last chapter in the long saga of Britons on these islands.

Previously, Boxgrove Man (*Homo heidelbergensis*) at 500,000 years was considered the early marker – the

famous shin bone is on display here – but a family grouping of footprints discovered in estuary sediment last year in Happisburgh have doubled that span to a million, giving this exhibition its title and its coup, for they are the oldest outside Africa.

But it has not been a story of continuous occupation of the island. Indeed, it wasn't always an island. The onset of ice ages and the creation and destruction of land bridges to the continent means there were, by the latest reckoning, 10 different occupations, nine of them unsuccessful.

This exhibition, 10 years in the making, aims to encapsulate what we know displaying evidence of stone tools, bones, evidence of cannibalism 14,000 years old and a hippo tooth from Trafalgar Square.

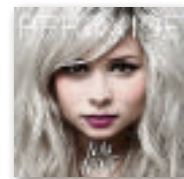
Prof Stringer said: "This is the first time that key specimens are together in one place. People will really be able to get a feel for how different and changeable Britain was."

Giles Broadbent

Until Sept 28, National History Museum, £9 (£4.50), nhm.ac.uk.

More at wharf.co.uk

MUSIC



Peroxide

Nina Nesbitt

★★★☆☆

Nina Nesbitt built up a live reputation by proving a hit at last summer's festivals and that same stage confidence shows on her debut album.

Peroxide delivers a confident, street-savvy take on folk, with the lyrics encapsulating her times with maturity and subtle wit.

Lead single *Selfies* says: "I'll post it up in black and white, with a depressing quote on my life". But there are tender moments too, including *The Hardest Part* and its "I'd give anything just to be with you again but it's not the right time".

For the most part, this is exactly what you'd expect – catchy pop with the occasional soft rock ballad – but it's the conviction that sells it. A bright future beckons for the 19-year-old; so bright it won't even need bleaching. **MLB**

LEE HURST'S BACKYARD COMEDY CLUB

We are only 2 minutes
from Bethnal Green tube
station (on the Central Line)

Lee Hurst's One Man show



Sunday
9th March

Tickets ONLY £15

www.BackyardComedyClub.co.uk



CHARITY FUNDRAISING?

Are you raising money for a charity/ sport's team/ school etc?

Chat to our manager
Dan@BackyardComedyClub.co.uk
to see how we can help.

WLTm...

Here's how to use your dating service ...

To **place** your advert call:
0844 887 4091
and follow the simple instructions

To **Place** your ad by text
Simply text **REG** followed by your first name, date of birth, area and your advert (max 155 characters) and send to **80098 FREE** (Standard Network rates apply)

To **Reply** to members from your landline call:
0906 500 3729

calls cost £1.53 per min
Have the adverts 6-digit box no written down and do **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

To **Reply** to members from your mobile call **68118**
calls cost £1.50 per minute plus network charges

Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098** eg: **REPLY1 123456 hi get in touch...** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message?
Pickup your replies on:

0906 500 3731
calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&C'S BELOW)

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

KIND caring lady 51, young at heart, sincere, likes music, eating out, enjoys the coast, live music, movies seeks a sincere male 39-52. Text Only Mailbox Box No: 4172320

EMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 4107113

ADVENTUROUS attractive lady seeks no strings casual times with discreet gent. Tel No: 0905 002 1953 Box 409991

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1959 Box 408297

DAWN 38 dark hair/eyed medium built busty female who loves nights in/out, WLTm fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

ANNE happy go lucky lady who loves wining/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

63YR old slim blonde, seeks gent 55-70 for happiness, holidays and meals out. Tel No: 0906 500 3729 Box No: 410017

SHARON young single mum slim, blue eyes, attractive, likes nights in/out, WLTm kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

EASY going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

EMALE 62, widow, seeks male, 62-72, likes travel, TV, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

SINCERE lady, 46, single mum, looking for black/mixed race male of similar age. S London area. Tel No: 0906 500 3729 Box No: 409927

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc. WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

MARIE slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

PLACE YOUR AD BY TEXT

SIMPLY TEXT: REG
followed by your
FIRST NAME,
DATE of BIRTH,
AREA and
YOUR ADVERT
(max 155 characters)
and SEND to **80098**

FREE (Standard Network rates apply)

CLAIRE young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

YOUNG 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

59YR old female, looking for gent, 60-65 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 410067

ATTRACTIVE cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

CAROLYN friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

EASY going female, 50, 5ft 6ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

DOWN to earth female, good heart, loving, fit, romantic, honest, genuine, good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

SANDY 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

52YR old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

CARING lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

SHIRL 69, true romantic, seeks clean shaven, N/S, romantic male for cosy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

SARAH pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3729 Box No: 408879

EASY going 50yr old young at heart lady, Caribbean, honest, sincere, caring, likes music, cooking, meals out, walks, nights in, seeks N/S, honest, sincere male, 49-60 for LTR. Tel No: 0906 500 3729 Box No: 409399

WHITE female, 55, seeks white male, 50-55, likes travel, concerts, sports, TV, meals out. Tel No: 0906 500 3729 Box No: 409315

SUE young at heart female, very adventurous and looking for no strings fun with mature man. Tel No: 0906 500 3729 Box No: 409251

JAN 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 409107

JOANNA slim attractive blue eyed blonde nurse, divorced with two teenagers, lots of love to give, looking for Mr Right, call me lets put the spark back. Tel No: 0906 500 3729 Box No: 409097

FLOR beautiful educated European blonde, articulate, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 408293

CAROL 35yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important tic. Tel No: 0906 500 3729 Box No: 409085

VICTORIA 38 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 408729

LIZ attractive blonde blue eyed female with no children/ties, loves country living, animals, seeks male companion for holidays, cosy nights and more. Single dad welcome. Tel No: 0906 500 3729 Box No: 408629

SUSAN 24yr single mum of two, likes nights in/out, walking, swimming, running, WLTm tall, loyal easy going male to end lonely nights and brighten days. Tel No: 0906 500 3729 Box No: 408287

63YR old lady, seeks similar gent, 65-70 who is honest, reliable and loves holidays. Tel No: 0906 500 3729 Box No: 386319

ENGLISH Rose, seeks generous thorn for mutually beneficial discreet liaisons, 50-80. Tel No: 0906 500 3729 Box No: 409037

IS there a gentleman out there? 53, blonde hair, blue eyes, 4ft 11ins, likes nights in/out, seeking gent, 50-60 top treat lady how she should be. Tel No: 0906 500 3729 Box No: 408825

SOPHIE attractive hard working female, who enjoys dancing and good company. WLTm loving male to enjoy nights out and genuine laughter. Tel No: 0906 500 3729 Box No: 408625

64YR old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 58-64 for genuine relationship. Tel No: 0906 500 3729 Box No: 408573

MARG elegant attractive affectionate lady who enjoys many varied interests WLTm genuine male 50-60yrs for mutual indulgences. Tel No: 0906 500 3729 Box No: 408511

ALEX 35, very attractive, slim, blonde, caring sensitive single mum, likes meals in/out, nice pubs, WLTm similar male/dad to love and care for. Tel No: 0906 500 3729 Box No: 408503

25YR old very lonely unloved Asian female seeking true love, must be very discreet, enjoy good nights out and able to accommodate cosy nights in. Tel No: 0906 500 3729 Box No: 408249

CHRIS 39yr old attractive well built sporty lady looking for tall, happy, well built male to enjoy adult companionship, hopefully leading to more. Tel No: 0906 500 3729 Box No: 407935

LUCY truly wonderful brunette who really loves life, seeking sincere male for true friendship with a little romance thrown in for good measure. Tel No: 0906 500 3729 Box No: 407457

LIZ 24 attractive blonde, green eyes, size 14, likes golf, pubs, comedy, holidays, WLTm professional well built male for romance, tic and more. Tel No: 0906 500 3729 Box No: 408303

Hi I am Sally a single 28yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. Tel No: 0906 500 3729 Box No: 407951

VICKY attractive slim 32yr old nurse, new to the market with no hang ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. Tel No: 0906 500 3729 Box No: 407035

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&C'S BELOW)

STEVE 54 yrs looking for mature lady for no strings casual times. Text Only Mailbox Box No: 4319100

TALL handsome professional Asian male seeks smart, attractive, slim, bubbly lady for caring, discreet relationship. Tel No: 0906 500 3729 Box No: 410161

MALE 41, attractive, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, slim, attractive female 30-42 for relationship, Essex/East London. Tel No: 0906 500 3729 Box No: 410327

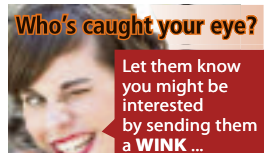
Try it.. You'll love it!
YOUR local dating service, run by the dating experts who have been established since 1990. **REAL people in YOUR area..**

MICHAEL black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759

TED divorced, 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410745

REASONABLY attractive male, 5ft 10ins, semi-retired Irish businessman, 64, N/S, GSOH, seeks female for friendship/relationship. Any nationality. Tel No: 0906 500 3729 Box No: 410591

BUILDER 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410689



Simply Text:
WINK1 Advert box no* **80098**
Then send to

*EG send WINK 123456 to 80098
80098 costs £1.50 per SMS sent. To STOP text stop to 80098. Service provided by JMedia UK Ltd, SW4 7BX. Need Help? Call 0844 800 1188

BLACK male, 38, kind, caring, easy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 410607

TALL male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 410515

IRISHMAN kind, loving, 58, seeks loving female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410409

JERRY black African, 5ft 8ins, attractive, medium build, seeking big female, size 12-20, max 5ft 7ins, 28-41. Tel No: 0906 500 3729 Box No: 410357

BLACK male, 46, kind, caring, easy going, seeks white female, 42-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 410269

64YR old white guy, seeking female, any race/religion/nationality for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410255

42YR old male, seeking attractive, caring, honest female for LTR, nights out, meals, pubs, travel etc. Tel No: 0906 500 3729 Box No: 410237

BUILDER 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410535

GENUINE reliable, traditional, sociable, N/S male with GSOH, seeks positive, loyal, slim, kind hearted 60's female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410381

ALLEGEDLY handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. Tel No: 0906 500 3729 Box No: 409843

TALL slim, fun loving Asian male, 43, seeks female, any age for discreet liaisons. Tel No: 0906 500 3729 Box No: 409993

70YR old male, seeks similar female with mutual interests for daytime meets to include lunch and tete a tete. Tel No: 0906 500 3729 Box No: 409989

LOVING male, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 410771



MALE 5ft 8ins, likes dancing, gardening, countryside, seeks attractive, caring lady for friendship and romance. Tel No: 0906 500 3729 Box No: 409951

TONY 6ft 11ins, slim, 50, down to earth, decent, easy going, genuine, likes meals out, cinema, countryside, animals, seeking similar female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410157

SEMI retired solvent gent, 66, active, hoping to find romantic, daytime discreet fun with mature, tactile, feminine lady. Tel No: 0906 500 3729 Box No: 410145

BUILDER 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410073

BLACK male, 46, kind, caring, easy going, seeks white female, 43-50 for lasting relationship and good times. Tel No: 0906 500 3729 Box No: 409811

BLACK male, 6ft 2ins, shaved head, seeking white female, brunette for fun times and relationship. Tel No: 0906 500 3729 Box No: 409787

WARM hearted, honest, kind, caring Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 409689

JOHN 65, young, likes golf, rock, jazz, theatre, cinema, seeks lady with GSOH. SE London. Tel No: 0906 500 3729 Box No: 409687

BUILDER 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 409747

Men seeking men

MALE looking for assertive male 18-30 for fun maybe more can accommodate. Text Only Mailbox Box No: 4279574

GOOD looking big guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

Adult Interests

CALL NOW to talk to like minded people 0906 500 3894 (T&C'S BELOW)

TEXT: CHAT1

TO: 80098

START CHATTING TODAY!
*TEXT: 80098 Cost £1.50/msg received, for full t&cs see below

CUSTOMER SUPPORT

Call **0844 800 1188** Monday - Friday 10am - 4pm or email us at support@jmediauk.co.uk

CALL CHARGES: DATING 18+ and have the bill payer's permission. 090 calls cost £1.53 per min. plus network charges. Calls from Mobiles will be considerably higher. Calls are recorded and may appear on your bill. TEXT: 88833 texts £1.50 per msg. Mobiles must be MMS/Wap compatible in order to use these services, if not contact your Network Provider. Text alerts are charged at £1.50 per week. To unsubscribe to text alerts, text DATING STOP to 63333. To cancel free match alerts, text STOP to 07781474042. For full T&Cs go to www.localdates-terms.co.uk/. REPLY BY TEXT: 80098 costs £1.50 per SMS sent (max 150 characters). Service only available where phone icon show. Messages are moderated. Minimum 7 messages must be sent before contact details can be exchanged. To STOP text stop to 80098. Service provided by Sports4Adults. Help: 0844 800 1188. SMS TEXT CHAT: 80098 costs £1.50 per SMS sent. This service is a virtual chat service meaning you will not be able to meet the people listed. To STOP text stop to 80098. Service provided by JMedia. Help: 0844 800 1188. ALL SERVICES: By texting any shortcode you consent to the owner of that shortcode sending you the occasional marketing message. DATA PROTECTION: Service provided by JMedia UK Ltd, SW4 7BX, 0844 800 1188. We will collect the details you provide and may send you details of other services and events operated by us. We may pass your details onto this newspaper for marketing or PhonePayPlus for regulatory purposes. W/C 19/02/14

What's On

SCREEN



A New York Winter's Tale
(12A) 118mins
★★★★☆

This epic and novelistic romance, set over two time periods tries very hard to show that love never dies.

In 1916 petty thief Peter Lake (Colin Farrell) breaks into a house and is bewitched by dying Beverly Penn (Jessica Brown Findlay).

Lake, meanwhile, is saved from a savage beating by a white horse called Athansor which becomes his guardian angel across space and time.

With the steed by his side, Peter pledges his heart to Beverly, even if they can only be together for a few days.

A century later and the quest continues.

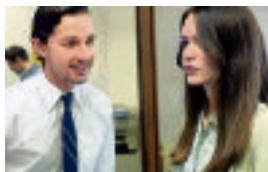


Only Lovers Left Alive
(15) 123mins
★★★★☆

More vampires, you groan, but these blood suckers find the forms of superior actors Tom Hiddleston and Tilda Swinton under the direction of noted indie helmster Jim Jarmusch.

Adam is a depressed music junkie, tired of his long life. His wife Eve returns home to halt his slide into oblivion.

Meanwhile her younger sister Ava (Mia Wasikowska) arrives on the scene and starts to cause bother with the humans, creating fractures in Adam and Eve's relationship.



Nymphomaniac I & II
(18) 241mins
★★★★☆

A considerable amount of hype surrounds Lars von Trier's contentious film charting the life of self-diagnosed nymphomaniac Joe (played by Stacy Martin and Charlotte Gainsbourg).

As bachelor Seligman (Stellan Skarsgård) tends to Joe's wounds after a beating, she reveals the dark desires that have controlled and consumed her, captured in sexually explicit vignettes that are uncut by UK censors.

Robert wants to bring soul to heart of the city

Q&A

Robert Elms talks soul and Boisdale to Rob Virtue

Robert Elms is the go to man for information on the capital's soul scene and presents the most popular show on BBC London Radio. He's coming to Boisdale Canary Wharf to curate some evenings of music featuring the UK's best soul singers and bands every Friday.

He told us what brought him to Canary Wharf, who he has lined up and how what happened in a Berlin toilet in 1978 helped create one of Britain's best bands of the '80s.

■ Tell us about the show

It will be on every Friday evening at Canary Wharf. I'll be there to introduce the act to the stage. I've my radio show in London so I'm expecting some listeners to turn up. It should be a great evening.

■ What's your view of the music venue?

Boisdale reminds me most of Ronnie Scott's, which is probably my favourite place to watch music in the world. Boisdale has an intimate feel, you're close to performers and it almost feels like a venue in New York where there's a few of these kinds of places.

It's got a different feel at Boisdale on Friday nights. Although it's in Canary Wharf the crowd tend to come from all over the south-east rather than be workers from the area.

I particularly like seeing music in intimate venues. As I get older I still love going out but not always places where I'm crushed in and miles from the stage. So to be able to go



Robert Elms will be presenting his "Soul Fridays" at Boisdale Canary Wharf

to grown-up places – as I think you can call Boisdale – and listen to great music is perfect.

■ Are you fan of Canary Wharf?

The only times I've been to Canary

Wharf is to chat to the guys at Boisdale.

I live in Camden and work in the West End and have always seen Canary Wharf as a place you have



Steve Brookstein sings The Great American Soul Song Book on Friday (February 21). Tickets from £10 standing to £40 dining

to have a reason for going to. But once you arrive it's impressive, like another city, like arriving in Toronto.

■ Who have you got lined up?

First up is Steve Brookstein (former X-Factor winner). He was already booked before I signed up but I was happy to support the booking. He's got an interesting story and a great voice.

Later on in the run we've got Leo Green who's always great fun. Wayne Hernandez is a fantastic soul singer, similar to Marvin Gaye. And there's Yolanda Brown who is a terrific saxophonist and a great band called the Soul Immigrants.

It's a small venue but there's room to dance and I hope people will do that. Not me though, no-one would want to see me dance.

■ You came up with the name for Spandau Ballet, I understand. How did that happen?

Yep – that's true. I went to Berlin in 1978 with a group of mates and saw the name on some graffiti in a toilet. I mentioned it to them and Gary [Kemp] took the name immediately after a rehearsal on the Holloway Road.

■ Robert Elms presents Soul Fridays at Boisdale Canary Wharf starting tomorrow. Go to boisdale.co.uk.

PREVIEW

Russell's dusty hits

BRITISH soul singer Alice Russell will appear live at the East Wintergarden on Friday.

Known as one of the finest contemporary soul voices to come out of the UK, Alice in the past followed Amy Winehouse on to the stage.

She recently collaborated with David Byrne and Fatboy Slim on their recent song *Here Lies Love*. Alice's fifth solo album *Dust* was released in 2013 in a year which also saw her perform at Glastonbury.

Tickets are sold out but check later for returns.

Alice will be supported by Gwyn Jay Allen, a singer, guitarist and percussionist who has appeared on tracks recorded by Diana Ross, Maxi Priest and Jamiroquai.

Feb 21, East Wintergarden, canarywharf.com.



Carrot Cars



0207 005 0557

Card terminal in every car!

bookings@carrotcars.co.uk
Book online: www.carrotcars.co.uk

Cheap, clean, reliable minicabs



Food



COOK WITH QUINTON BENNETT

A traditional cullen skink fish soup

This Scottish soup made with smoked haddock, potatoes and onions is a great warming winter dish. Serves 4

Ingredients

60g butter
10ml vegetable oil
2 medium leeks (cleaned and finely chopped, a handful to be reserved for garnish)
2 onions (peeled and finely chopped)
1 clove of garlic (crushed)
250ml white wine
500g natural (undyed) smoked haddock
750ml water
350g potatoes (peeled, halved and quartered)
500ml double cream
500ml milk
4 eggs (poached, soft)
1 loaf soda bread to serve

Method

In a medium size pan, melt the butter and add the oil. Sauté the leeks, onions and garlic until tender but without colour.

Add the wine, potatoes



Serve the soup with buttered soda bread

and water and cook until the potatoes are soft and falling apart.

Meanwhile, in another pan add the smoked haddock and milk and gently heat to poach the fish until it begins to flake

Once the fish is cooked, strain the milk and put the fish to one side. Add the milk and double cream to the soup and then blend until smooth.

In a small pan, sauté the

reserved chopped leeks, keep these separate.

Flake the poached smoked haddock into the soup, being careful to remove any bones and skin. Check the seasoning and add salt and black pepper if needed.

Serve garnished with the sautéed leeks, a runny poached egg on top and buttered soda bread on the side.

Quinton Bennett is head chef at The Gun, 27 Coldharbour, Docklands, E14. Go to thegundocklands.com.

Food with the feel of cosy, well-worn lounge furniture



The comfortable and heavily upholstered interior of The White Horse

REVIEW

The White Horse

Broadgate Circus, City

For Wharfers, the City can be unsettling. A melange of barely controlled buildings.

Splashes of comforting steel and glass shot through with unexpected stone and brick follies that jar the senses with their cramped alleys. Unmatching furniture in a house clearance shop.

Broadgate Circus though, is a home from home. Razor cut lines, squares criss-crossed with placid blue lights and improbable public art.

The White Horse enjoys a very pleasant kind of fakery. Just as the Wharf's Iberian offerings forge Spain with their interiors, so this unit channels country gastropub.

Rough finished wood, beaten up leather, flowery fabrics and livestock paintings coagulate.

It's a blend that satisfies: soft on the eye, warm on the buttocks and comforting after the diffused light of an office.

Mouthing the pork belly is akin to sinking your teeth into a scuffed leather beanbag moulded to a perfect shape by decades of use. It deforms to fit the crevices of the maw with a welcome, salty crispness.

The starter of scallops and ham is an upholstered dining chair of a dish. The kind you nervously slipped into before discovering it's much softer than appearances suggested.

The uncomfortable pew of the evening arrives in the form of a hot scotch egg. Bisected, to show off what should have



A starter of scallops and ham

been a lustrous flowing yolk, it disappears.

Although the meat of its sermon is amusing enough, the core should have been less like the hard oak of its metaphor.

Ignoring the furniture food however, there's a very good reason to make this your destination if you're Bank bound. The whole evening was underpinned by a solid beech table of service. Smooth, unhurried, attentive and polite. Well planed down, each joint snapped snugly into place; it was textbook tablecraft.

It might be desperately un-threatening but that's the perfect refuge for Wharfers abroad in town.

Hopefully that fact also outweighs the risk of bumping into a former banker buddy you hated.

Jon Massey

The White Horse, 2 Exchange Square, Appold Street, London, EC2M 2QS, 020 7377 9958, geronimo-inns.co.uk.

Our verdict

A homely house in the City

★★★★☆

RUM & SUGAR'S NEXT SPORTING LUNCH

THURSDAY 20TH MARCH FROM 12PM WITH EX-INTERNATIONAL AND BRITISH LIONS LEGEND JASON LEONARD

TICKETS @ £65PP WITH A MINIMUM OF 4 PER TABLE

FOR MORE INFORMATION OR TO BOOK,
CALL 020 7538 2702
OR EMAIL:
RUMANDSUGAR@AMPERSANDCATERING.CO.UK

NO. 1 WAREHOUSE, WEST INDIA QUAY,
CANARY WHARF, LONDON E14 4AL

WWW.RUMANDSUGAR.CO.UK

FOLLOW US ON TWITTER @RUMANDSUGAR OR AT

FACEBOOK.COM/RUMANDSUGAR

RUM & SUGAR

Picking wines to complement Argentine foods

Wine warrior talks creating lists and picks bottles for **Beth Allcock** to sample at Wharf's Gaucho

In a sea of wine experts all boasting a wealth of knowledge, Phil Crozier stands out. Gaucho's director of wine has been at the helm of the restaurant's lists since 1999 and was a pioneer in bringing Argentinian vintages to the UK.

Back then the company had three restaurants with just 13 wines from Argentina available.

"No-one knew anything about Argentinian wine," said Phil. "It seemed to me a project – to put together an list with just Argentinian wine."

"Argentina wasn't really very renowned for its wine but it has gone from strength to strength in a short period of time."

During a tasting earlier this month, Phil revealed there were now 1,550 wines made in the country. He introduced us to some of his favourites.

■ Probeta Torrontes, 2012

Salta, Argentina, £38.95

This is the sort of wine you could sit back and relax with all night. It's a smooth, silky taste with sophisticated flavours that add depth and a touch of dryness.

I enjoyed it matched with Gaucho's cheese and onion empanadas – with the slight sharpness of the wine cutting through the hearty, indulgent pastries.

■ Fabre Montmayou, 2010

Patagonia, Argentina £54.25

My top choice of the selection of red wines showcased by Phil.

I relished its earthy oak flavours that offered a deep drink filled with plum and raspberry fruits.

But it thankfully steered away from sickly-sweetness in favour of richness and proved a great match with Gaucho's cheese selection.

PHIL'S WINE FACTS

- Argentinian wine has been in the European market since 1994.
- The Patagonia region in the south has a much cooler climate than other wine-producing areas of the north, including Salta.
- The Argentinian grape, Torrontes, is a perfect match for Thai cuisine and is served at Gaucho with ceviche.
- Always put red wine in the fridge an hour before you drink it – if you can wait that long.
- And, once opened, put on a vacuum lid and in the fridge, and it should last for three to four days.
- The Malbec grape variety accounts for overall wine sales worldwide of 47.5 per cent – and it's proved itself as the fastest-growing grape type during the past five years.
- Red wine loses colour with age while white wine gains colour.



Gaucho's director of wine Phil Crozier has been championing Argentinian wine in the UK since 1999

■ Atamisque, 2009

Mendoza, Argentina, £21.85

This one's a grower – so if you're popping into Gaucho for a quick drink, it's probably not the best option.

Its flavours are deep yet flowery – a combination that didn't really appeal to me – although I began to relish the quirky flavour match a little more on the second glass.

■ Susana Balbo Tannat

Mendoza, Argentina, £66.50

If you're craving a red that's lighter on oak, this could be for you.

It's light, silky smooth, easy to drink and the perfect winter warmer to sip while escaping the grim February weather on the Wharf. Phil suggests matching it with chocolate – so perhaps sample it with one of Gaucho's desserts.

■ Malbon, 2010

Mendoza, Argentina, £112.50

Should you have cash to splash and a dinner date to treat, this impresses on all levels.

Although, it will set you back more than £100 a bottle, its smoothness is luscious and smattered with twinges of flavour and an inviting, attractive colour, a strong match for the substantial price tag.

Go to gauchorestaurants.com to book a table.

MARKS AND SPENCER

Jubilee Place store has Fairtrade deals

★ Fancy an excuse for some chocolate, wine or coffee-based treats?

With Fairtrade Fortnight kicking off on Monday and running until March, Marks and Spencer is offering a chance to indulge in quality produce that guarantees a fair price for traders and supports their local communities.

Why not try the dark chocolate with mint or milk chocolate with salted butterscotch, on offer at two bars for £3, or a pack of dark roast Espresso Ground Coffee at £2.99.

If you fancy some wine to round off the week, Fairtrade red and white offerings start from £5.79.

Go to marksandspencer.com.

MEANTIME

Union Lager back due to popularity

★ Greenwich brewery Meantime has brought its Union Lager back due to popular demand.

The beer was the first it ever produced, back in April 2000, and will run in limited edition form.

Meantime pub The Greenwich Union brought the deep copper coloured drink with a malty undertone back for a month last June and it proved to be an instant hit.

Drink Spy

Stargazing cocktails

Coq d'Argent, 1 Poultry, London, EC2R 8EJ, 020 7395 5000

Throughout February this D&D City stronghold is making use of its famous terrace to tempt thirsty astronomers.

In addition to a Skyliner-200P telescope for guests to survey the skies with, cocktail creator Pawel Rolka has come up with a selection of drinks that will have you seeing stars at ground level. Dubbed variously, the Starlight, Galaxies, Telescope and Meteor Shower these £10 tipples feature a baffling array of ingredients

including bases of gin, whisky, tequila and bourbon.

We try a few as the shooting stars fly across

The Meteor shower features an ice asteroid



the night sky are able to report the latter is by far the best.

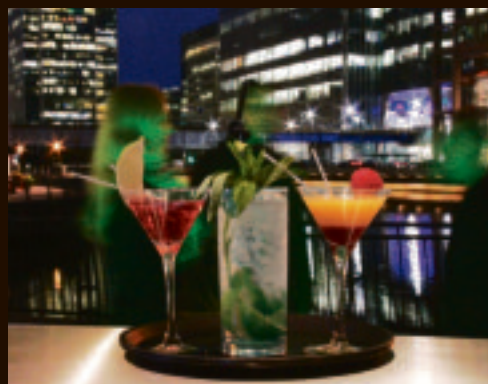
A cool and clear citrus slap, with pomegranate seeds doing the job of the meteors, it makes the schlep to the DLR worthwhile all on its own.

Go to coq.dargent.co.uk.

★★★★☆



AMERIGO VESPUCCI



THE FUTURE IS CLEAR.
BRAND NEW TERRACE NEWALFRESCO
BAR, RIVERSIDE LOCATION, SERVING
ITALIAN TAPAS, SPORTING EVENTS ON TV,
NOW OPEN ALL DAY FOR COFFEE AND
PASTRIES IDEAL SUMMER VENUE

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.

Follow us: @avitalian
Like us: Amerigo-Vespucci
www.amerigovespucci.co.uk

Amerigo Vespucci,
25 Cabot Square,
Canary Wharf,
London E14 4QA
0207 513 0288



Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

I've fallen in love with Weight Watchers' Simple Start philosophy and Filling and Healthy foods. My body is loving it too. With a bit of forward planning, meal times are easy. I don't have to worry about counting points or measuring foods and I'm eating a more nutritionally-balanced diet than ever before. The result – another two and a half pounds off since my last column. I'm exercising three times a week and rather than dreading the scales each week I am looking forward to my next weigh in.

■ Start: 14st 4½lbs
■ Now: 13st 4½lbs
■ Goal: 10st 7lbs (or as near as)

EATING OUT

★ Good news folks. WW's latest Eat Out guide has even more restaurants, top tips and practical advice and now includes Jamie's Italian where dishes have been given a ProPoints value. My tips? Try the world's best olives (5PP) and the tagliatelle Bolognese (11PP). The guide costs £4.95 and is available from your local meeting.

EAT IN

★ Fancy Italian? Try this spaghetti carbonara from WW's Filling and Healthy cookbook, available for £7.95 from your local meeting.

Ingredients

400g dried wholewheat spaghetti
Calorie controlled cooking spray
4 bacon medallions, chopped
2 eggs, lightly beaten
200g quark
Salt, pepper, chives and basil

Method

Cook the pasta. Meanwhile spray a frying pan with cooking spray and fry the bacon over a high heat until crisp and browned. Remove from heat. Mix the eggs and quark. Once the pasta is cooked, drain, reserving 100 ml of cooking water. Add the pasta and bacon to the bowl with eggs and quark mixture, along with the bacon. Mix adding the water to make a smooth sauce. Season to taste and garnish with the herbs.

DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings go to weightwatchers.co.uk.

Getting appy is secret to effective meditation

Q&A



Wellbeing guru
Laura Williams
meets a man who

believes mindfulness is the key to relaxation

More and more people are turning to meditation for its mental, emotional and physical benefits but where do you start if you're an om-o-phobe?

Headspace's Andy Puddicombe, former Buddhist monk and go-to meditation guru, has the answer.

■ **Why do you think people are reluctant to turn to meditation?**

It's a common misconception it's about chanting and lotus positions. Modern meditation can be practised anywhere – no-one will even know you're doing it.

■ **How do I get started?**

Meditation only works if you actually do it. To get the most out of your meditation practice, think "same time, same place" – that way you'll be up and running in no time.

The Headspace Take 10 programme is a great way to get going. It takes up less than 1% of your day and, as it's an app, you can do it on your way to work or even at your desk. It's also free, so if you give it a go and don't like it, there's no pressure to continue.

■ **What are the benefits?**

Meditation can help with stress or anxiety, improve sleep and productivity and even your relationships.

I would recommend you do your meditation first thing so that you reap its benefits for the rest of the day.

■ **What advantage does Headspace have over more traditional classes or retreats?**

Retreats and classes are often hard to fit into a busy schedule and can be a little too full-on for some, but the Headspace app can be used anywhere.

Our aim is to make meditation as much a part of your day as brushing your teeth.

■ **One celeb referred to running as "meditation in motion". Do you agree?**

We often say meditation is like gym membership for the mind – both can help with stress levels, help you sleep and feel better.

A good way to introduce meditation into your routine is to meditate while walking or running. Many people find it hard to not concentrate on concentrating so to speak, so engaging in movement while meditating can really help.

Parks are a great place to practise walking or running meditation as there are fewer distractions. We have a parks podcast on the Headspace app for those who want to meditate in London's parks.

■ **For someone who's looking to quieten their head, what form of exercise would you recommend?**

In order to relax while meditating, the best exercise to do would be something you're comfy with. If that's running, then run.



Andy Puddicombe says his app could help Wharfers reap the rewards of meditating anywhere

What benefits can meditation deliver if done properly?

"By practising a simple and easy-to-learn daily mindfulness exercise, it's possible to increase brain activity in the part responsible for self-control."

If it's riding a bike, then cycle. By applying mindfulness to something you normally do, you'll be able to see how much it affects the process.

■ **Would you recommend meditation to someone who frequently overeats?**

By practising a simple and easy-to-learn daily mindfulness exercise, it's possible to increase activity in the part of the brain responsible for self-control.

You can learn more through our app or with The Headspace Diet book. But meditation will not make you thin – while it can help with cravings and hard-to-break routines, it still needs to be accompanied by a healthy lifestyle and diet.

■ **What would you say to people who complain they have trouble clearing their minds?**

People often try to force a sense of relaxation but the aim should really be acceptance – learn to step back and get a different perspective on thoughts.

Meditation is a bit like falling asleep or falling in love – you can't make it happen.

■ **But how do you stop yourself dropping off?**

Avoid meditating just before bed – it's important to stay focused while practising. The aim is to feel comfortable but not so much you drift off.

Try sitting in a chair with a straight back with hands folded in your lap.

Go to getsomeheadspace.com to access the app.

Give your eyes a boost

★ Tired eyes in the office? Try Visioberry, available from **Boots** stores in Canary Wharf, which offers a combination of Vitamin B2 and antioxidant Resveratrol to promote good eye health.

The former is supposed to protect eye cells from oxidative stress while the latter deals with free radicals. Get it in liquid form from £14. Go to boots.com.

Get 10% off a massage

★ Are you feeling the effects of your marathon training? Don't worry, because help – in the form of muscle manipulation – is at hand.

Reebok Sports Club's **Re:Spa** is offering 10% off its sports massages with Mark Edmonds and Mike Kindley until the end of the month. Go to respalondon.co.uk for more information.

Fashion



HOBBS
Sarah jacket, £179
Perry top, £89
Emily trousers, £110
Selma sandals, £129
hobbs.co.uk



LONG TALL SALLY
Square neck
full skirt
dress, £75
longtallsally.com



COAST
Helsinki
skirt, £115
Knit, £55
coast-
stores.com

SPRINGSTYLE

Lisa Haynes selects some fashionable pieces to help you maximise your impact next season



HOUSE OF FRASER
McQ embroidered
sweater, £195
Untold floral prom
dress, £115
Dickins & Jones bird
print scarf, £30
houseoffraser.co.uk



BODEN
Casual ivory
spot shirt, £39
Bistro crop
trousers, £59
Navy spot
slingbacks, £69
boden.co.uk

QUICK SHOP

Valentine's gifts

CADENZZA

Jeweller unveils call and collect

★ Need to pick up a blinging gift but just don't have the time for a shopping session?

Jubilee Place jeweller Cadenzza has launched its call and collect service to help out time-poor Wharfers.

Just browse the brand's array of jewels online, ring the hotline to reserve, then pick up and pay at a more convenient time. Go to cadenzza.com for details or call the hotline on 020 7513 2946.

DESIGNER JUMBLE

Get chic clothing second hand

★ If you crave designer labels but can't quite reach to the price tag, a new pop-up could have the answer.

Designer Jumble, founded by a former editor of *vogue.com*, has arrived at Westfield Stratford City full to the brim with second-hand clothes and accessories.

Brands including Chanel, Prada, Marni and Gucci all feature with garments available in a variety of sizes and age ranges.

The Designer Jumble team will also be holding weekly shopping events every Thursday, between 6pm and 9pm, focussing on craftsmanship and recycling.

ORIGINAL PENGUIN

Try pop print on your top's sleeve



OP's Capsule Collection is inspired by Andy Warhol

★ Designers at The Original Penguin have come up with a way for trendsetting males to ape Andy Warhol with their sleeves.

Its new Capsule Collection has been launched at Westfield Stratford City, with the brand's initial repeated to produce a pop print inspired by the iconic modern artist.

The design features on seven items, from polo shirts to a bomber jacket. Go to originalpenguin.co.uk.

LondonEYE



A resident pushes his bike down a street in Egham after the River Thames burst its banks



Resident Michael Simmonds speaks on the phone in his flooded home



Prime Minister David Cameron, centre, speaks with resident Ray Connerley, right, and Kwasi Kwarteng, the MP for Spelthorne, as they walk through flood water in Staines-upon-Thames



A boot floats in flood water



Resident Ian Hendry takes his toy poodle dog Billy for a walk through flood water after the Thames flooded the village of Wraysbury

THAMES FLOOD SPECIAL

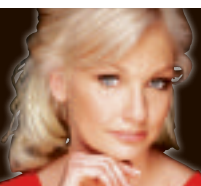
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Watch out for a loved one placing unfair pressures on you. Your best bet is going to be to keep out of their way, for the stars indicate that no good will result.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Work should prove pleasing as some sort of a project that you have been worrying about, at last looks set to come to a successful conclusion.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

You may have trouble getting things done, as a scatty frame of mind makes it hard for you to find even the simplest of items. Make that call soon, Aries.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Your love life has more twists and turns than Spaghetti Junction but you really seem to be revelling in it for some reason. Start admitting what you want.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You must feel like a kid in a sweet shop with all of the attention you are getting. Just make sure you choose someone who can become a lover and a best friend.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

The Grand Trine in your chart has and will continue to give you power. Others listen when you speak, but just make sure you don't allow arrogance a stage.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

A so-called friend is feeding you false information on love and it's going to be up to you to read between the lines and to look at actions and not the words.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

A little spring-cleaning appears to be in order with your inner circle before you take on more problems than you can cope with. Focus on your besties.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Those you work with or for could prove dangerous in love this week, so beware of saying and doing things which could come back on you. Be more patient.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Changes in the workplace do not appear to be as permanent as you may at first think. Find out the facts and figures before you give up everything.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Resist the temptation to say nasty things about faces due to leave your life. They'll return sooner than you think and by playing nice, you'll be the winner.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Old and trusted contacts hold the key to you getting the cash you need. I know what has happened is not your fault but that doesn't mean inaction is wise.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name of

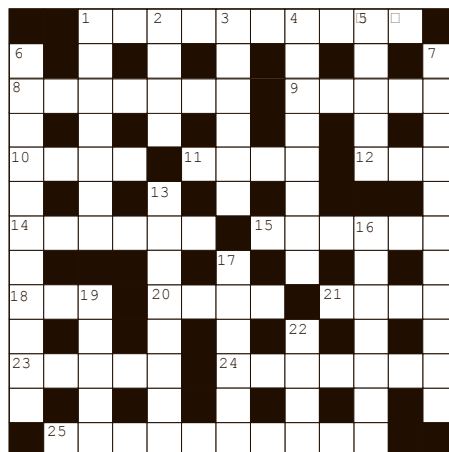
the actor, pictured here, who stars in the new vampire movie *Only Lovers Left Alive*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is February 27.

You must include your name and postal address.



Crossword



ACROSS

1. Completely (10)
8. Planet (7)
9. Scope (5)
10. Streetcar (4)
11. Bucker (4)
12. To do wrong (3)
14. False or incorrect (6)
15. In addition (6)
18. Hill (3)
20. Perceive with the ear (4)
21. Nought (4)
23. Academy Award (5)
24. Short pithy saying (7)
25. Large newspaper (10)

DOWN

1. Mineral pitch (7)
2. Self-satisfied (4)
3. Room for manoeuvre (6)
4. Indefatigable (8)
5. Horseman's spear (5)
6. A direction (3-8)
7. Molotov cocktails (6,5)
13. Feeling of great elation (8)
16. Component (7)
17. University grounds (6)
19. Happen again (5)
22. Curved roof (4)

ACROSS: 1. Absolutely; 8. Neptune; 9. Range; 10. Tram; 11. Pall; 12. Err; 13. Petrol bombs; 14. Untrue; 15. As well; 16. Hear; 17. Zero; 18. Tor; 19. Recur; 20. Oscar; 21. Euphoria; 22. Dome; 23. Campus; 24. Proverb; 25. Broadsheet.
DOWN: 1. Asphalt; 2. Smug; 3. Leeway; 4. Tireless; 5. Lance; 6. Instruction; 7. Petrol bombs; 8. Planet; 9. Scope; 10. Streetcar; 11. Bucker; 12. To do wrong; 13. Feeling of great elation; 14. False or incorrect; 15. In addition; 16. Component; 17. University grounds; 18. Hill; 19. Happen again; 20. Perceive with the ear; 21. Nought; 22. Curved roof; 23. Academy Award; 24. Short pithy saying; 25. Large newspaper.

Sudoku

EASY

				2			9	
9	8		3		7			2
5	2	1			6	3	7	8
	1		7		2	4	3	6
2	6	9			4	1		7
	3	7	6	8	1		5	9
	4		8	1		9		5
	5	6	2	7		8		1
1	9		4	6	5	7	2	

HARD

	7			9				
8		5				6		9
	1	2					3	
7	5					1		
		9			2			
			9		4			
4		8		7				
		3	2					4
				3	5	8		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

the Wharf

wharf.co.uk

To advertise call Karen on 020 7510 6055

classified

Recruitment

Canary Wharf College

197 East Ferry Road, London E14 3BA
www.canarywharfcollege.co.uk
020 7515 2328



Teaching Assistant

Pay £11,000 - £13,000 pro rata

Proposed Start: As Soon As Possible

Teaching Assistants required with a high standard of spoken and written English. Experience, grace, and a sense of humour are essential to be a part of this pioneering free school with an interdenominational Christian ethos.

The ability to show initiative is an advantage.

Please download an application pack from our website.

Closing date: Mid-day Thursday 27th February 2014
Interviews: Week Commencing 3rd March 2014

The school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

Paying for your ad is easy...

When you use one of the following methods:



We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to PlanetRecruit.com/jobs

PlanetRecruit
JOBS FOR TECHNOLOGY PROFESSIONALS



GEORGIE H

PHOTOGRAPHY

www.georgiehphotography.com

Photography for Weddings, Parties,
Christenings and Family Portraits

Call us on 01268 422472

or 07557 227561

Email info@georgiehphotography.com

Like us on facebook-

www.facebook.com/georgiehphotography

Hostess & Escorts

Suzannes Escorts

Bookings

0871 222 0601

Calls to 0871 numbers cost 10p per minute plus network extras.
FD box 121 toll free customer service 0845 313 3674



Check out our girls on our web site
Info 090 673 91679
Calls to 090 numbers cost £1.03 per minute plus network extras.
FD box 121 toll free customer service 0845 313 3674

www.SuzannesEscorts.Co.UK

*To your door
within the hour
or visit us by
appointment*

*Driver service
from the station*

*7 nights a week
till 3am*

Adult Services

EXCLUSIVE INDEPENDENT COMPANION

Discreet, beautiful, independent woman available in Canary Wharf
for Elite businessmen who require high standards.

Here alone on business?

Quality and stimulating company for lunch, dinner or relaxation purposes.
Luxury accommodation available.

M: 07837 270575
No withheld numbers

**Enquiries between
10am-7pm**

**Never underestimate
the power of advertising
CALL US NOW**

SWEET CHINA DOLL ESCORT May Ling

In / Out Calls.
Luxury apartment in
Canary Wharf.
07899 858 246

Adult massage

High Class
YUMIKO
truly gorgeous and sweet.
Near South Quay station
in and out call.
**07789805388 or
07818282678**
www.canarywharforientalescort.co.uk

SENSUAL TANTRIC MASSAGE

www.tantric-hart.com
Call: 07583 051 374

**Oriental Full body 2
body oil massage**
www.londonbody2body.co.uk
**Many other Services
In or Out call
07779211427**

THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club

**Holloway takes a gamble**

Boss puts Lions in attack mode to get points

You cannot accuse Lions manager Ian Holloway of being defensive judging by his short time in charge. Most Millwall supporters are coming to the conclusion that he is, quite frankly, nuts. In a good way of course.

He started the last away match at Yeovil with four strikers and two centre midfielders who are not regulars in that position.

In Saturday's draw against Bolton he switched the starting team, but when that team were struggling to make headway he made a triple substitution bringing on three strikers to join Steve Morison. He did the same in our last home match against Reading without success, but this time against the Trotters we got the equaliser after the brave substitutions.

I was lucky to be in the executive lounge at The Den on Saturday and was surprised when around 2pm Ian Holloway came upstairs to address the supporters and explain his line-up.

He spoke about how he had worked with Alan Dunne all week as a centre-half to cover for absences of others. How Williams would play in the "Spanish No 6" role, the Busquets position with Woolford and Upson making his home debut in front of Williams, with Easter and Martin further forward still, trying



Steve Morison of Millwall, left, with David Wheater

to support Steve Morison up top.

Recent signings Williams and Upson had decent games against Bolton. Both look good on the ball and are willing to put their foot in when needed. They could turn out to be excellent signings. Too often however we bypassed the midfield and knocked balls long and

“
We might do better winning the battle in midfield

then struggled to feed off the scraps given up by a fragile Bolton defence.

It's all well and good wanting to attack the opposition, especially as we have lots of quality in the forward positions at the club, but we might do better by being solid in midfield and winning the battle there against the opposition before trying to open them up with our attacking players.

As we lack wingers at the club, Holloway doesn't seem keen to play a regular 4-4-2. If he wants to play that same formation including the "Spanish No.6" like he did against Bolton he needs another holding midfielder along with Williams and Upson.

If Nicky Bailey were fit he would slot in but if he isn't going to be fit for a while "Ollie" should consider forgotten man Jimmy Abdou. Abdou gets discarded at least a couple of times a season but has always fought his way back.

We know Jimmy's limitations in passing but he provides bundles of energy and will help to break up the play allowing Williams and Upson to ping the passes about to the attacking players.

The next match away to Barnsley this Saturday is massive.

In some ways it is a must-win game as with future away matches at Derby, Forest, QPR and Wigan to come, we could well be in even deeper trouble before much longer.

Team GB stars meet the fans

A SPORTING weekend is in store for guests at The OZ's Sky Studios.

Team GB long jumper JJ Jegede and sprinter Jeanette Kwakye will visit the North Greenwich venue, on Saturday and Sunday respectively.

There they will meet and greet fans as part of Sky Sport's Game Changers programme.

Alongside a host of mini activities such as basketball, football and long jump, visitors can also test their skills in front of the screen by reading the show's headlines in Sky's interactive studio.

WEEKEND
FLUTTERWITH THE
RACING POST**RACING**

■ The Ladbrokes World Hurdle has an open feel this year with Big Buck's not the force of old. So at 10-1, it is another Paul Nicholls trained horse, **Zarkandar** who looks good each-way value. He looks as though he will thrive from a step up in trip and can get in the mix on March 13.
Ed Quigley

FOOTBALL

■ West Ham have picked up back-to-back wins without Andy Carroll but the last game of the 25-year-old's three-match ban may end in defeat.

A six-match unbeaten run has lifted **Southampton** to eighth and their impressive run looks set to continue.
Dan Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

**New players:
Sign up and deposit
£10 today and get**

£30

**to play
with**

**WE'VE GOT
50,000
FULL HOUSES
EVERY
MONTH!!**

Join Mirror Bingo today at
MirrorBingo.com

MOBILE TABLET DESKTOP



*Based on October 2013. Over 18s only. See www.mirrorbingo.com for full Ts&Cs. Please gamble responsibly www.Gambleaware.co.uk

WEST HAM**Players recharge batteries**

WEST Ham players were able to enjoy the warm weather of Dubai knowing that they would be returning to a much healthier outlook than only a weeks ago.

Still only four points clear of relegation they now look down on the danger zone via the buffer of six clubs in between.

Manager Sam Allardyce said: "December and January is our peak time so the players, physically and mentally, are very tired. So getting out in the sun, relaxing in

the sun, training in the sun and enjoying each other's company is extremely important.

"The lads can recharge their batteries and experience has taught me that after trips like this the lads' energy levels have increased."

They return looking to enhance their 11th place with a tough tie against Southampton, three places but 11 points ahead. *West Ham v Southampton, Sat, 3pm.*

Marks' 18pts not enough

BASKETBALL London Lions fell to defeat to Esh Group Eagles Newcastle 83-77 in a closely fought battle in the north east.

It all started well for the Londoners who ended the first quarter 21-18 in the lead. But they never recovered from a 21-2 spurt from Newcastle.

Darius Defoe's 22 points for Newcastle saw them safe, with Chez Marks top scoring for the Lions with 18. Next the Lions host Leicester Riders on February 28.

Blackheath see off Hull

RUGBY Blackheath earned a bonus point victory by seeing off Hull Ionians in tough conditions.

An opening try from Mark Wigham got Hull's noses in front but Dave Allen and Simon Whatling responded for Blackheath before the break to give them a 19-5 lead.

Hull fought back but Allen's 14th try of the season earned the Londoners a 36-12 win. Blackheath's next match is against London Welsh next Wednesday at Well Hall.

Sport

Wharf



WARMING UP

Hammers head to Dubai for training in good spirits **P71**

CHARLTON

Striker says no to Valley loan deal

Rob.Virtue
@wharf.co.uk

CHARLTON'S hopes of bringing former England winger Shaun Wright-Phillips to The Valley were dealt a hammer blow following reports this week.

The out-of-favour QPR player is understood to have snubbed the opportunity to head across London after the Addicks made inquiries about the 32-year-old.

Sunderland were also reported to be interested in Wright-Phillips who favours a return to the top flight. QPR manager Harry Redknapp said the player would face a drop in wages taking a loan move to a Championship club.

"It's difficult," he said. "It's only Premier League clubs who could afford to take him on his wages."

Meanwhile, Charlton entertain third-place Rangers at The Valley on Saturday at the start of a hectic few days. Charlton look set for a fixture pile-up with 10 matches to be played between now and the end of March, and more if an FA Cup clash goes to a replay.

Charlton v QPR, Saturday, 3pm

HOLLOWAY'S GRAND PLAN

Throw everyone forward in hunt for precious goals

But will it work? Ian Toal gives his view • Page 71

the Wharf LEAGUE

FIRST RESULTS

DIVISION ONE

PCFC	14
Athletic Pasty	12
Landas Pandas	10
Weds Vac 1	0
Cavandish Allstars ●	10
Pavillion Casuals	0
M3ssi Is Back	4
Camden Pathway	4

DIVISION TWO

Bayer Neverlusen Allstars	11
	5
Mile End Utd	10
Wed Vac Div 2	0
Abou ●	13
Jubilee Utd	10
Hurford Salvi Carr	0
Wed Vac Div 2	0

DIVISION THREE

Wed Vac Div 3	0
Centrepont	10
Lads On Toure	9
Efan Ekoku's Elite ●	15
FC Poor Toe	7
Newport Dodgers	11
ISS Tigers	16
FC Hangover	11

Last games on February 5.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

Conquest jumps up the ladder to land tilt at title

BOXING

Strong year gives gas fitter chance for Commonwealth belt

Romford cruiserweight Tony Conquest is only a few days away from a title – if he can get past Australian Daniel “the Doberman” Ammann at York Hall on Saturday (Feb 22).

Gas fitter Conquest, 29, is looking to continue 2014 as he ended 2013. Last year he notched up victories against Czech David Vicena and Wadi Camacho in an eliminator for the British title but the east London date will be the biggest fight of his career.

The winner will take the vacant Commonwealth cruiserweight belt.

Conquest told BoxRec News: “I heard whispers that Nathan Cleverly was slated to fight Ammann for the Commonwealth belt but he is taking a

different route now, so I jumped the ladder.

“I redeemed myself in 2013 after the [Neil] Dawson loss late in 2012 and my promoters have seen fit to get me this title fight.

“I’ve had a look at Ammann and he is a decent southpaw who does the basics very well, so it’s going to be a good fight.”

Should Conquest win he is in line to have a tilt at the winner of the Jon-Lewis Dickinson versus Neil Dawson bout, which takes place next month in Gateshead.

“I like to think that I would be next in line for a shot at the British title, but you also have to factor in English champion Matty Askin who is deserving his shot too.

“What I have learned from the boxing business is you never know what’s going to happen next.”

Since losing to Commonwealth Games gold medalist Brad “Hollywood” Pitt in 2011, Ammann has defeated a number of hot prospects to put himself in contention.



Wadi Camacho, left, is caught by Tony Conquest with an overhand right during their British Cruiserweight Eliminator bout at The O2 in October